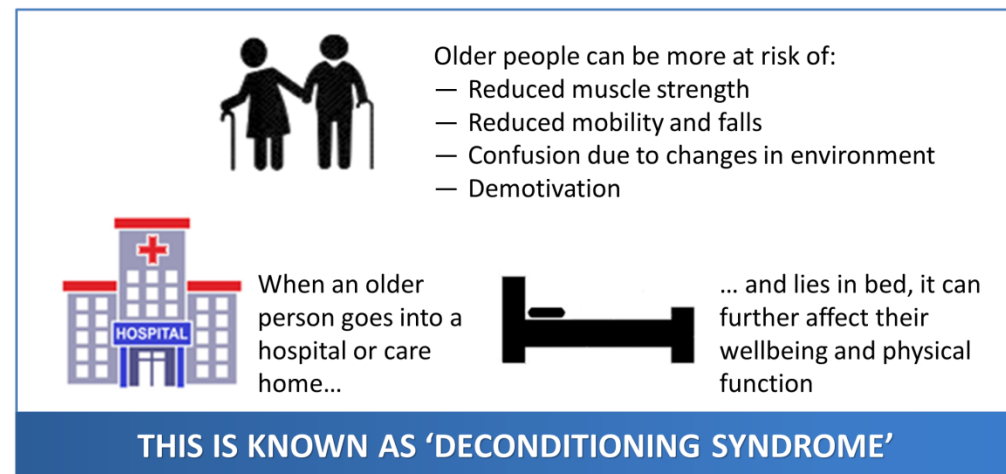


## PREVENTING DECONDITIONING AND ENABLING INDEPENDENCE FOR OLDER PEOPLE

Prolonged bed rest in older people can  
lead to substantial loss of muscle strength  
and physical activity



Increased risk of falls due to muscle weakness

Increased confusion or disorientation

Further immobility due to inactivity

Constipation and incontinence

Lying in bed can affect appetite and digestion

Increased risk of swallowing problems leading to pneumonia

This is often made worse by multiple medications, sensory impairment, dementia and current illness

Assess



**Comprehensive Geriatric Assessment**

A Comprehensive Assessment should be completed to determine normal capabilities

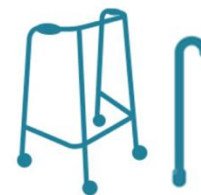


A risk assessment should be completed



Glasses, hearing aids, clock and calendar should be accessible

Support



Are there appropriate mobility aids available. Is it the right size and reachable?



Walking to the toilet helps to prepare for going home. Is the catheter really needed?



Sitting out of bed helps (when possible). Can you get out of your chair?

Encourage



Feed or take fluids independently



Wash and dress independently in own clothes



Keep moving arms and legs even in a bed or chair

Thinking about how to support and encourage movement helps to:

- Reduce the risk of harm from falls, infection, thrombosis and delirium
- Reduce length of stay in hospital
- Reduce the likelihood of having an increase in their future care needs

**Sit up... Get dressed... Keep on moving...**

**YOUR MUSCLES / YOUR STRENGTH / YOUR ABILITIES - USE THEM OR LOSE THEM**